

A photograph showing a clear plastic water bottle on the left, a pair of white and black sneakers in the center, and a small blue digital scale on the right. The scale's display shows the number '0.00'. A large red exclamation mark is overlaid on the left side of the image.

INShapeIndiana.org

You are what you eat

DASH + Walking = Double Benefits

Is your eating plan helping or hindering? Since walking makes your heart stronger and lowers blood pressure, make sure your eating habits help maximize these benefits. Simply start with the DASH eating plan.

DASH Details

DASH stands for **Dietary Approaches to Stop Hypertension**. The DASH eating plan has been shown to prevent and reduce high blood pressure. It's rich in **fruits, vegetables and lowfat dairy foods**, moderate in total fat and low in cholesterol and saturated fat. DASH is even more effective if you also reduce salt (sodium) intake.

DASH Foods

Fruits, vegetables and lowfat dairy foods are rich in potassium, magnesium and calcium - minerals that help lower blood pressure. The DASH eating plan is also rich in fiber and healthy protein. Nuts, seeds, whole grains, poultry and fish are encouraged along with moderate portions of lean meats. Specific amounts of all the food groups are recommended to effectively lower blood pressure.



Smart Eating for Everyone

Everyone will benefit from DASH eating, because it can also help reduce risk of heart disease, stroke and even help you lose weight. In fact, DASH eating is recommended in The Dietary Guidelines for Americans and www.choosemyplate.gov.

DASH Tips

- Switch from 2% to 1% milk.
- Add one extra fruit at breakfast and an extra vegetable at lunch and dinner.
- Make whole wheat pancakes.
- Snack on almonds or peanuts instead of candy.

Week Four	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	20 minutes	30 minutes	20 minutes	20 minutes	25 minutes	20 minutes	30 minutes

Walking Do's

Walking is a simple and effective way to meet your daily exercise needs. In order to make the most of your workout try incorporating some of these walking techniques:

- Stand straight, tall, and relaxed.
- Keep your eyes looking forward and your chin parallel to the ground.
- Resist the temptation to tilt your head down.
- Let your arms swing naturally with your elbows bent at a 90 degree angle.



Practice these techniques until they become natural motions. You will find that these simple tips will make your walks more efficient and help you better meet your fitness goals.

Visit www.INShapeIndiana.org for more online advice from First Lady Cheri Daniels on the “Do’s” of walking!



Eat Better
Move More
Avoid Tobacco

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